

4-1899

## Chicago Vegetarian April 1899

Chicago Vegetarian

Follow this and additional works at: <https://knowledge.e.southern.edu/foodiesguide-1890>



Part of the [Food Science Commons](#), and the [United States History Commons](#)

---



## Sanitas Nut Foods

We will tell you all about these new, delicious, strength-giving, flesh-building foods in a booklet. Sent free for your name and address on a postal.

### SANITAS NUT FOODS

are made from choice selected nuts in many palatable forms to suit all tastes.

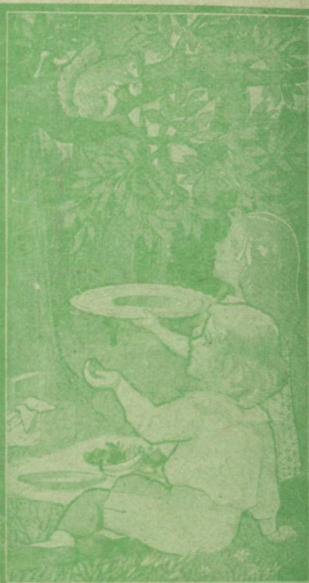
Thoroughly cooked, ready to eat.

Send 25c, stamps, for assorted trial packages.

SANITAS NUT FOOD CO., Ltd.,

20 Washington St., Battle Creek, Mich.

## Nature's Foods



# LOOK!

# READ!

and then drop us a postal for our

## FREE HEALTH FOOD BOOK,

which tells all about over 25 delicious health-building and strength-giving foods, such as GRANOLA, GRANOSE, NUT SHORTENED CRACKERS, DIABETIC FOODS, ETC., all ready for use and prepared in the most wholesome and tempting form. You want this book and will have it if you send your name, at the same time send your grocer's name and we will send you a sample of our NUT SHORTENED STICKS FREE.

BATTLE CREEK SAN. HEALTH FOOD CO.  
BATTLE CREEK, MICH.

Mention the Vegetarian.



# Chicago Vegetarian

LIBRARY OF CONGRESS  
RECEIVED  
MAY 18 1899  
PERIODICAL DEPT.

Vol. III No. 8.

APRIL, 1899

Five Cents.

### ..... CONTENTS .....

Prof. Edwin Younkin (Portrait)	Frontispiece.
A Discussion on Vegetarianism Between Two Medical Professors—	
Dr. Younkin Answers Dr. Craig	5
Opening of a Vegetarian Restaurant in Chicago	8
One Man's Objections to Vegetarianism	10
Books and Papers	10
Champion of Freedom May Recognize Animals' Rights	11
Wholesome Advice to This Same Champion	11
A Meatless Church Supper	12
Recipes: Porkless Baked Beans, Cauliflower Batter Pudding,	
Potato Pie, Vegetarian Brown Gravy	12
The Beef Board Farce	14

For a cleaner body, a healthier mentality, and a higher morality. Advocates the disuse of flesh, fish and fowl as food; hygienic living and natural methods of obtaining and maintaining health. Preaches humanitarianism, purity and temperance in all things. Upholds all that's sensible, right and decent. Published monthly at 50 cents a year.

CHICAGO VEGETARIAN, McVicker's Building, CHICAGO.



## Of Interest to the Housewife.

### Novel Church Dinner.

If you are looking for "something new" for your next church entertainment, something that will "draw," give a vegetarian dinner. The uniqueness of the thing will insure a large attendance, and you'll be doing good missionary work, besides. The ladies of the Woodlawn Park Methodist church, of this city, got up a vegetarian banquet the seventh of this month, which was even a greater success than the meatless dinner served at the same place in January last. This was the menu:

#### SOUP.

Vegetarian Soup with Croutons.

#### MEATS (Nut.)

Walnut Roast with Tomato Sauce.

Nuttose with Spaghetti.

#### VEGETABLES.

New Potatoes. Peas. Corn Fritters.

Lettuce Salad.

Salted Almonds. Roasted Peanuts.

#### BREADS.

Browned Granose Biscuit with Peanut Butter.

White Bread. Whole Wheat Bread.

#### DESSERTS.

Mother Eve's Dessert. Macaroons.

Bananas. Dates. Grapes.

Coffee. Water.

\*\*\*

#### BAKED BEANS.

Mrs. Isabel A. Lemoine, of Worcester, Mass., contributes this receipt for baked beans. Pick over a pint of common white beans, place them in water on the stove where they will not boil but will remain scalding hot all the forenoon; then pour off the water, put them in a bean pot, cover with water, add a heaping table spoonful of nutcoa and salt to taste. Bake

in a moderately hot oven all afternoon, taking care that they do not get dry and burn.

★

#### CAULIFLOWER BATTER PUDDING.

Take part of a cauliflower boiled or steamed till tender, cut off the tops and tender parts and chop fine, adding a little sage, marjoram or thyme if preferred; have ready an ordinary batter as for Yorkshire pudding, pour this on to the cauliflower, stir briskly and pour into the baking tin, to the depth of one-half an inch, and bake a nice brown. Batter puddings baked crisp and brown are more digestible than when soft and sodden.

★

#### POTATO PIE.

Half fill a pie dish with potatoes cut into small pieces, then cover with one onion cut fine; over this put 1 or 2 small cupfuls of washed lentils, and about 1 oz. of butter, fill up with potatoes, pepper, and salt to taste, and cover with boiling water, cook in the oven till nearly tender, then cover with paste.

★

#### VEGETARIAN BROWN GRAVY.

Vegetarian brown gravy will keep several days. It is easily prepared, thus: Put an ounce of butter in a little enameled pan, melt, and then stir in a dessert spoonful of white flour till mixture browns. Add pepper and salt to taste; pour boiling water on till the proper thickness is reached, let it come to the boil, and then pour into the gravy-boat for use.

★

#### THE VEGETARIAN MILL.

The price of the grist mill advertised on page 16 of this number of the CHICAGO VEGETARIAN will not be sold at the special price of of \$3.75 after May 15.

### Perverted Tastes.

Nature directs that the human structure shall be built of certain specified materials, and further, that as the tissues of the structure are wasted and wear away, their restoration can only be by the employment of such material as has the power to rebuild or restore. Blood, bone, muscle and nerve tissue are all made from the food one eats, and the quality of these various factors or elements of the human body depends upon the measure of the body-building materials contained in the food eater. If the daily diet is deficient in bone-making substance, then will the bones of the body be deficient in strength and substance. The whole matter of proper living from a dietary point of view is to employ such materials as will build and sustain the human structure in just such manner as nature has provided for its building and sustenance. The farmer who understands the science of a true agriculture does not feed his cattle or land in an aimless, haphazard way. He seeks to provide a perfectly balanced ration for both. He will not attempt to raise a crop of potatoes without first applying to land a generous supply of potash, and to his cow from which he seeks a quantity of milk with high degree of solids he feeds the ration that will enable her to make the desired performance at the milk pail. Common sense teaches, therefore, that natural or proper foods make natural conditions, and except the body be nourished by natural food then an unnatural state of affairs ensues. Shredded whole wheat biscuit is a food that builds and nourishes every element of the body, because they contain all the properties that enter into the makeup of the human structure. Wheat is nature's standard food; it is a perfect food for it nourishes all.

### An Open Letter.

(Continued from page 11.)

tion imposes, I often wonder if we really know much of what true freedom means, and what degree of it is within reach of ourselves and those it is our duty to protect. The cry of the Africans in slavery, "Give me Liberty or Give me Death," (and we were not disposed to give them either) might have continued longer, but for some heart touched to pity as was Mrs. Stowe's. But we are doing better with the animals. We are growing in kindness. We in Chicago are willing to give them death—on exhibition—at the stockyards. And sometimes women go to witness these butcheries. What! refined women? Well, I don't know that they are, but I think they should be *finer*, and then *refined* for setting such an example. We are told that "Vigilance is the price of liberty." Is it so for the animals? Are they not attentive to discover and avoid danger, or to provide for safety? Are they not watchful? Have they not naturally a sense keener than our own when peril is imminent? This vigilance we recognize and ignore. But they, too, have their Stowe, who thinks we should love animals *not* as the

**SUICIDE** is an unpardonable sin. Nine out of every ten persons are suiciding daily, inch by inch, through ignorance of the laws of life. Inattention to the quality of food is a crime. Health foods contain nothing except life, blood, brain, nerve and muscle-building elements. They are free from all animal matter and disease producing substances. Nature's purest and most nourishing products. Economical and delicious, for sick and well. Send \$1.00 for "Health Foods and How to Prepare Them," the most advanced and practical health book of the age. Samples of foods, 50c. Full line of interesting literature free upon request. Address: L. H. ANDERSON, C. V. 49, Masonic Temple, Chicago.

To Readers of the Book,

**OAHSPE**

THE DENVER FRATERNITY OF THE BROTHERHOOD OF FAITHISTS

Open to all who will comply with the "Government and Laws" (sent free), 2150 California St., Denver, Colo.

**ORIGINAL KNEIPP BREAD** Made of entire Wheat Flour. Contains 75 per cent nutriment. Raised by strength of Flour without ferment. Physicians recommend it. 2-lb. loaf, 10c. Delivered downtown. P. STRUEH, 775 W. 12th St. North side depot, 386 Mohawk St., F. Eicken Roeter.

**SEND US TEN CENTS** in one or two cent stamps and we will send you **this paper for 1 year** and put your name in our Agents' Directory one time free. Send at once to **THE ECHO, Wauneta, Neb.**